

*Engineered for  
Human Performance*



**Технические характеристики на  
беговые дорожки RUNNER  
(CUSTOM COLOR, SPARTAN, TRAFFIC WHITE, OD  
GREEN, OFFICE CRUISER)  
КОМПАНИИ TRUEFORM**

Архангельск (8182)63-90-72  
Астана (7172)727-132  
Астрахань (8512)99-46-04  
Барнаул (3852)73-04-60  
Белгород (4722)40-23-64  
Брянск (4832)59-03-52  
Владивосток (423)249-28-31  
Волгоград (844)278-03-48  
Вологда (8172)26-41-59  
Воронеж (473)204-51-73  
Екатеринбург (343)384-55-89  
Иваново (4932)77-34-06

Ижевск (3412)26-03-58  
Иркутск (395)279-98-46  
Казань (843)206-01-48  
Калининград (4012)72-03-81  
Калуга (4842)92-23-67  
Кемерово (3842)65-04-62  
Киров (8332)68-02-04  
Краснодар (861)203-40-90  
Красноярск (391)204-63-61  
Курск (4712)77-13-04  
Липецк (4742)52-20-81

Киргизия (996)312-96-26-47

Магнитогорск (3519)55-03-13  
Москва (495)268-04-70  
Мурманск (8152)59-64-93  
Набережные Челны (8552)20-53-41  
Нижний Новгород (831)429-08-12  
Новокузнецк (3843)20-46-81  
Новосибирск (383)227-86-73  
Омск (3812)21-46-40  
Орел (4862)44-53-42  
Оренбург (3532)37-68-04  
Пенза (8412)22-31-16

Россия (495)268-04-70

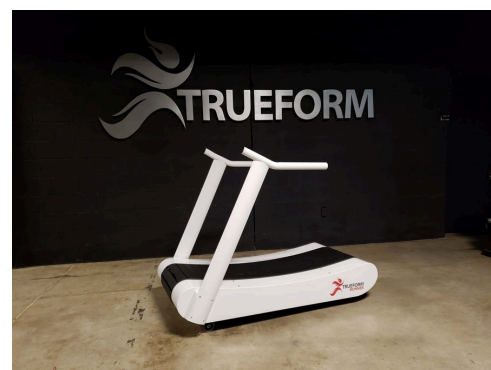
Пермь (342)205-81-47  
Ростов-на-Дону (863)308-18-15  
Рязань (4912)46-61-64  
Самара (846)206-03-16  
Санкт-Петербург (812)309-46-40  
Саратов (845)249-38-78  
Севастополь (8692)22-31-93  
Симферополь (3652)67-13-56  
Смоленск (4812)29-41-54  
Сочи (862)225-72-31  
Ставрополь (8652)20-65-13

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Томск (3822)98-41-53  
Тула (4872)74-02-29  
Тюмень (3452)66-21-18  
Ульяновск (8422)24-23-59  
Уфа (347)229-48-12  
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Челябинск (351)202-03-61  
Череповец (8202)49-02-64  
Ярославль (4852)69-52-93

## Runner Specifications:

Dimensions: 64" x 36" x 63"  
Unit Weight: 340lb  
Max Weight: 500lb  
Frame: 7 gauge Steel Formed & Welded  
Covers: Single Piece - Aluminum Formed & Welded  
Tread Surface: Bonded Kraiburg Thermolast made by Smith and Wesson  
Bearings: 106 Sealed Steel Ball Bearings  
Pulleys: Tooled Solid Aluminum  
Display: LED - Bright Display Rechargeable Battery



### OFFICE CRUISER

Sitting is the new smoking. Get up and moving while you work with the TrueForm Office Cruiser. The Cruiser has the exact same base as the TrueForm Runner with a handrail design open in the front to accommodate most walking desk models.

### THE DIFFERENCE BETWEEN THE RUNNER & TRAINER

Both The Runner and Trainer have a very smooth belt and the most shallow curves on the market, which is critical for promoting a balanced healthy gait. Our shallow curved running belts also have the least inertia, so they are safe and easy to control your speed. This will be important for group classes so the belt doesn't over accelerate.

Speaking more generally, The Runner is handcrafted in CT, overbuilt like a tank 100% all metal construction and hand welded. The result is it feels heavier underfoot; it's quieter. It's very sensitive and provides organic feedback for good posture and gait. It is the best treadmill you can buy.

The Trainer is a lighter version of the Runner built in our Korean plant. It is also heavy-duty commercial quality but made from lighter materials. It's a little easier to use because the belt is also lighter. It is a terrific value-engineered version of the Runner. It has all the benefits of the Runner, heavy duty plate steel formed and welded frame, shallow curve, super smooth Responsive Belt Technology (RBT), heavy duty axle assemblies, and an easy to use display

TRUEFORM exploded into the fitness industry scene, disrupting norms in the running training and fitness equipment market with the TRUEFORM RUNNER, a non-motorized treadmill, precision engineered and hand crafted in the USA. The TRUEFORM RUNNER is the choice of top University and professional teams, performance gyms, CrossFit Affiliates, USA Triathlon and experts in the performance community for running and gait retraining.

TrueForm is the perfect tool for everyone from beginners to pros, whether enjoying smooth long runs or sprinting for pure performance. It's the only running device that intuitively cues running form with our trademark Responsive Belt Technology™ reacting to every subtlety in your movement: your balance, posture, hip position, foot strike and more. You instantly correct when your body is not in the optimal position for walking, jogging, and sprinting.

The TrueForm is the only treadmill available in custom colors and custom tread and surfaces. There is no limit to what our design and manufacturing team can do. Custom treads are available in running track or artificial field turf and in a multitude of colors and styles. Now you can wear your cleats or spikes and train on your own sport specific surface.





Our team of trained professionals are ready to help with any issue that may arise from delivery and installation issues to training users and coaches. We want to ensure you have the best possible experience with TRUEFORM Runner. If you have any questions or concerns we will work with you to find solutions. Please reach out to a team member today. We look forward to helping you in your pursuit of health.



Quality Construction Built to Last. Overbuilt, over engineered quality that will last beyond a lifetime. You won't find a stronger piece of equipment in the gym. TRUEFORM's all metal construction is hand-crafted and welded in the USA.



# Safety Precautions

- Consult with a physician before beginning any exercise program, especially if any of the following pertain to you: pregnancy, history of heart disease, high blood pressure, diabetes, chronic respiratory disease, elevated cholesterol, smoke cigarettes, or experience any other chronic disease or physical impairments.
- If at any time during exercise you experience dizziness, chest pains, nausea or any other abnormal symptoms, immediately discontinue use and consult a physician before continuing.
- Keep all loose clothing, shoelaces and towels away from the treadmill running surface while in use.
- Always exercise care and use handrails when mounting or dismounting the treadmill.
- Never enter or exit the treadmill while the running belt is moving.
- Assemble and operate the treadmill on a solid and level surface.
- As the treadmill is non-motorized, there is no emergency stop lanyard. The treadmill will come to a stop on its own. A treadmill running belt might not stop immediately if any object becomes caught in the belt or rollers.
- Never leave children unsupervised around a treadmill.
- The TrueForm Runner is built to handle runners weighing up to 750 pounds at speeds between 0-4 MPH and 550 pounds at speeds up to 18 MPH.
- Wear proper athletic shoes, such as those with rubber or high-traction soles. Do not use shoes with heels or leather soles.
- Allow several minutes to bring your heart rate into the training zone shown elsewhere in this manual. Walk slowly after your workout to allow your body time to cool down and your pulse rate to decrease.

### Measuring Your Heart Rate:

We recommend that you use a heart rate monitor to measure your pulse during workout. However, you may also measure your pulse manually by placing your fingers on the underside of your wrist or either side of your throat. While looking at the second hand on your watch, count how many heartbeats you feel within fifteen (15) seconds. Multiply this number by four to get your Beats Per Minute (BPM).

### Know Your Maximum Heart Rate:

To approximate your maximum heart rate, the general formula is to subtract your age from 220. This formula is used by the American Heart Association and The American College of Sports Medicine. A stress test administered by your physician is the most accurate way to determine your true maximum heart rate. The American Heart Association recommends that you have a stress test done if you have any history of heart disease or if you are over the age of 40 and beginning an exercise program.

During exercise it is recommended that you maintain your target zone and not exceed 85% of your maximum heart rate. Your target zone is an area between 60 and 75% of your maximum heart rate. Should you find your heart rate above the 75% level, you should decrease the intensity of your fitness program.

### Heart Rate Chart:

AGE	BEGINNER 60% - 70%		INTERMEDIATE 70% - 80%		ADVANCED 80% - 90%	
	Beats/min	Beats/10 sec *	Beats/min	Beats/10 sec *	Beats/min	Beats/10 sec *
to 19	121 - 141	20 - 24	141 - 161	24 - 27	161 - 181	27 - 30
20 - 24	119 - 139	20 - 23	139 - 158	23 - 26	158 - 178	26 - 30
25 - 29	116 - 135	19 - 23	135 - 154	23 - 26	154 - 174	26 - 29
30 - 34	113 - 132	19 - 22	132 - 150	22 - 25	150 - 169	25 - 28
35 - 39	110 - 128	18 - 21	128 - 146	21 - 24	146 - 165	24 - 28
40 - 44	107 - 125	18 - 21	125 - 142	21 - 24	142 - 160	24 - 27
45 - 49	104 - 121	17 - 20	121 - 138	20 - 23	138 - 156	23 - 26
50 - 54	101 - 118	17 - 20	118 - 134	20 - 22	134 - 151	22 - 25
55 - 59	98 - 114	16 - 19	114 - 130	19 - 22	130 - 147	22 - 25
60 - 64	95 - 111	16 - 19	111 - 126	19 - 21	126 - 142	21 - 24
65 - 69	92 - 107	15 - 18	107 - 122	18 - 20	122 - 138	20 - 23
70 - 74	89 - 104	15 - 17	104 - 118	17 - 20	118 - 133	20 - 22
75 - 79	86 - 100	14 - 17	100 - 114	17 - 19	114 - 129	19 - 22
80 - 84	83 - 97	14 - 16	97 - 110	16 - 18	110 - 124	18 - 21
85 +	81 - 95	14 - 16	95 - 108	16 - 18	108 - 122	18 - 20

Source: American College of Sports Medicine.

# Assembly



## UNPACKING YOUR TRUEFORM 01

Remove the cardboard to reveal the pallet. Follow these instructions to assemble your TrueForm



## REMOVE ACCESSORIES BOX 02

Cut the straps on the pallet to remove the accessory box.



## WHATS IN THE BOX 03

Digital Display, wrenches and drivers, battery charger/power adapter, staticide spray and wipes.



## REMOVE PALLET SCREWS 04

Remove 4 screws each side of the pallet. Support the side of the pallet as you remove the final screw on each side of the boards.



## REMOVE SIDE HANDRAIL 05

Support the side of the pallet as you remove the side handrails. Repeat on other side of pallet.



## REMOVE SIDE HANDRAIL 06

Remove the screws from the bracket to release the side handrail. Discard the metal bracket. Repeat on other side.

# Assembly



## REMOVE SIDE HANDRAIL

07

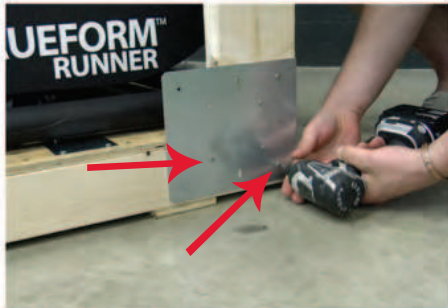
Loosen the screws securing the handrail to the board support. Slide the side handrail up to remove. Repeat on other side.



## POSITION DISPLAY CABLE

08

The right handrail contains a display cable. Pull the display cable through the center hole and set aside.



## REMOVE PALLET SCREWS

09

Continue to disassemble your pallet by removing 2 screws from each lower corner of the pallet. Repeat on other side.



## REMOVE TOP HANDRAIL

10

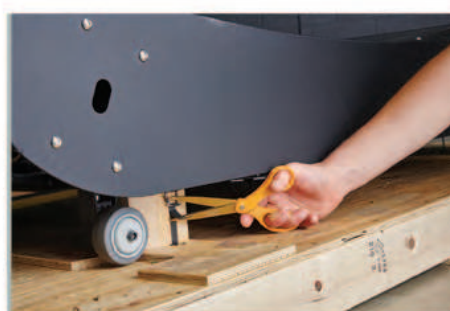
Remove the screws securing the top handrail. Do not discard the screws, they will be used to secure the top handrail.



## REMOVE TOP HANDRAIL

11

Take care when removing the top handrail so the paint is not scratched. Set to the side.



## CUT PALLET STRAPS

12

Remove the remaining 4 pallet straps at the front and back of the TrueForm.

# Assembly



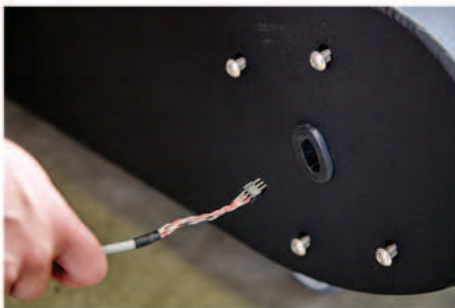
## SLIDE TRUEFORM OFF PALLET 13

Using the wooden support post secured to the pallet slide the TrueForm along the frame and off the pallet .



## ATTACHING SIDE HANDRAILS 14

Loosen the 4 screws on each side of the front of the TrueForm until they protrude about 1/4 inch.



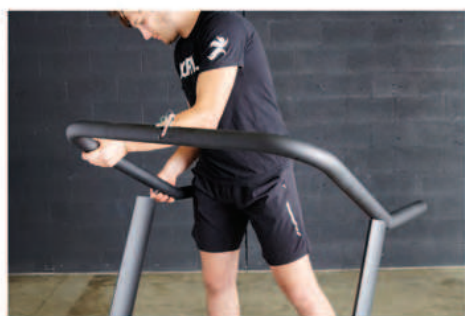
## ATTACHING SIDE HANDRAILS 15

Feed the power cable through the hole on the right side of your TFR .



## ATTACHING SIDE HANDRAILS 16

Carefully align the slotted handrail on to the extended bolts and slide down into the secure position. Repeat other side.



## ATTACHING TOP HANDRAIL 17

Attach the left side of the top rail first, lining up with screw holes. Next align right side.



## ATTACHING TOP HANDRAIL 18

Plug the display cable into the display connection and carefully tuck excess wires into handrail to avoid pinching the wires.

# Assembly



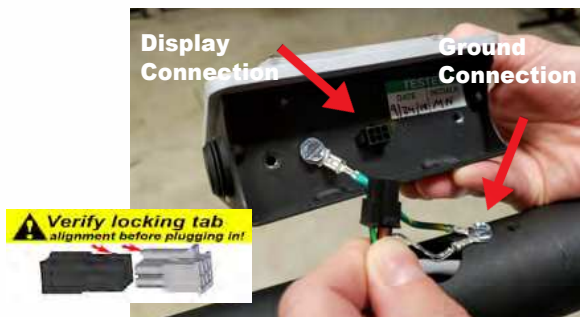
## ATTACHING TOP HANDRAIL 19

Gently rock the handrail to get bolts aligned and started. Do not force bolts in. Secure the top handrail using the screws provided. also verify that wires are not pinched before tightening.



## TIGHTEN SIDE HANDRAIL 20

With the top handrail tightened, next tighten the bolts securing the side handrails to the frame.



## ATTACHING DISPLAY 21

Attach the display and ground connection to the display. Carefully tuck excess wire into the handrail to avoid pinching the wires.



## ATTACHING DISPLAY 22

Using the bolts and Allen wrench provided, attach the display to the hand rails.



## ATTACHING DISPLAY 23

The display power connection is below the right handrail. Plug your display cord into the port and secure the wire.



## POWER DISPLAY 24

Secure the power cable running to the battery to the frame by pushing the wire holder through the aligning 2 holes.

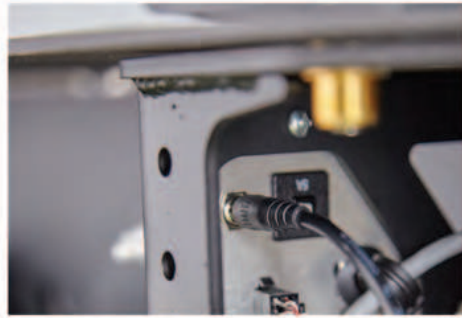
# Charging Battery



WALL PLUG / CHARGING

01

There is a charging port under the right handrail to charge the battery. It is also the power port to keep the TrueForm Runner continuously plugged in.



WALL PLUG / CHARGING

02

Simply plug the charger/power adapter into the port and plug into a wall outlet.



REMOVING BATTERY

03

You may also remove the battery from the TrueForm Runner. Unscrew the 2 wing nuts and lift off from the frame.



CHARGING REMOVED BATTERY

04

After removing battery from the frame, unscrew and then disconnect the power cable.



CHARGING REMOVED BATTERY

05

Plug the battery charger into the charging port on the battery.



CHARGING REMOVED BATTERY

06

Plug the charger into a wall plug. The light will initially be red, and it will turn green when the battery is fully charged.

# When to Charge the Battery

If the LED display begins to dim or flicker it is an indication the battery needs to be charged. Turning the display off when not in use will greatly prolong battery power.

## Static Electricity

In most instances staticide is not required. However, If you experience static shock lightly mist the running treads and the handrails with the staticide included in the accessory kit. Generally an application will inhibit static 1-2 months. Reapply as necessary.

## Safety & Care Information

When servicing or using any piece of fitness equipment, basic safety precautions must be followed. Be sure to familiarize yourself with all warnings and information contained in this manual prior to use.



A warning sign has been included with your treadmill. It is the responsibility of the owner to post this sign in a visible area near or on the machine.

**DANGER! Follow these precautions to reduce the risk of injury or electric shock:**

- Do not soak the treadmill surfaces with any liquid; use a sprayer or damp cloth.
- Do not place any open liquid containers on any part of the treadmill.
- Always keep the running surface clean and dry.

### Transporting Your TrueForm:

**CAUTION:** THIS TREADMILL IS HEAVY AND COULD CAUSE INJURY IF LIFTED IMPROPERLY.

Lifting bars are inserted into each bottom corner of the treadmill. Do not pull or lift on the side covers. If the treadmill must be disassembled, the handrail can be removed for easier transportation.

### Cleaning and Care:

We recommend that you clean your TrueForm weekly. Wipe down the handrail, display and covers, check overall condition and vacuum underneath. Do not soak the surface or use abrasive cleansers.

### Lubrication:

The belts are pre-lubricated at the factory and do not require any additional lubrication.

### Service:

Our service center may be reached at: TrueForm Runner 860-895-8533. Please have the following information ready prior to calling: model and serial number; a description of the problem; and any events or circumstances that may have caused or contributed to the problem.

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